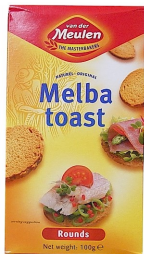


WHY ACT NOW

SALSA TOAST



Ingredients

- 1/4 cup natural salsa, no added salt (mild or medium)
- 1 cup Melba toast, round, no added salt

Directions

Spread salsa evenly on toasts. Or, place in bowl and dip toasts in salsa. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 149	Calories from Fat 11
% Daily Values*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 216mg	9%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 4g	8%
*Percent Daily Values are based on a 2,000 calorie diet.	

Salsa is full of flavor and a great alternative to classic creamy dips which are high in fat. Adjust flavors by choosing mild, medium or hot!